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Homemakers' chat

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U. S. DEPARTMENT
OF AGRICULTURE

Wednesday, May 5, 1943

Subject: "FOODS FOR GOOD NUTRITION" Information from Food Distribution officials of the U. S. Department of Agriculture.

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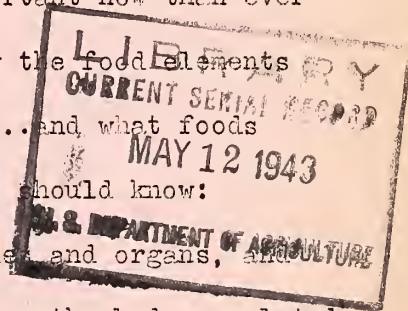
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Rationing and wartime shortages of some foods don't mean that you can't still be well fed. But they do mean that more care and planning must go into your selection of the foods you can get. It is more important now than ever to know you are getting the right food. You need to know the food elements necessary for good health...why you need these elements....and what foods contain them. So here are some facts about food everyone should know:

Food has 3 big jobs. First, to build muscles, bones and organs, and to replace those worn out by wear and tear; second, to keep the body regulated and running smoothly; and third, to give energy.

Protein is one of the chief building-and-repair materials. Children must have protein to build muscles; grown-ups for repair. In fact, the muscles use up a large part of the protein you eat. But the tissues which hold other parts of the body in place are protein, too. Even blood, bones, teeth, hair and nails need some protein. The best foods for protein are milk, cheese, eggs, liver and other variety meats, lean meat, fish and poultry. Other foods that contain protein are dried beans and peas, enriched and restored cereals, nuts, and soybeans. You need to eat some of these foods every day.

Calcium is another building and repair material. Growing children must have calcium to build strong bones and sound teeth...grown-ups to keep bones and teeth healthy. If you don't get enough calcium, the blood draws it from bones to use in other parts of the body. This may leave your bones in an unhealthy condition. You must also have a little calcium in your blood to



help blood clot when necessary. Two glasses of milk each day will supply a grown-up with enough calcium. But a child is still building bones, so he needs 3 or 4 glasses each day. Skim milk, buttermilk, or canned evaporated milk contain as much calcium as fresh milk. Turnip greens, the cabbage family, cheese, and oranges contain calcium; but it takes a half cup of cooked turnip greens, or one ounce of cheese, or 6 to 8 medium-sized oranges to give as much calcium as you get from one glass of milk.

Iron builds blood. A person whose blood is pale and thin is anemic..... feels tired, lazy and dull. An anemic child usually has trouble keeping up in his school work, and an anemic grown-up has trouble doing a good day's work. Certain foods which are dark red like lean meat or liver; dark yellow like egg yolk, sweet potatoes or carrots; or dark green like turnip greens, collards, and kale help to supply iron. Molasses, prunes, dried peas and beans...the brown part of whole wheat, or enriched bread and restored cereal....and oysters are also rich in iron. To get enough iron you must eat several of these foods each day.

Now about the food elements that keep the body regulated and smooth-running. The vitamins are important in this job. The body can't produce most vitamins, so you must eat foods containing them. Vitamin A is necessary in keeping eyes, skin and body-linings healthy. Some of the foods supplying vitamin A are: turnip greens, collards, mustard greens, yellow vegetables, sweet potatoes, carrots, yellow squash, pumpkins, yellow corn, apricots, yellow peaches, dark yellow melons, egg yolks, liver, butter, cream, yellow cheese and whole milk.

Doctors say very few people get enough vitamin B -one, also called thiamin, to keep in best health. Children who don't get enough of this vitamin can't grow normally. Both children and grown-ups low in thiamin may feel tired

and cross...have poor appetities. Many foods supply thiamin in small amounts, but unfortunately, very few foods give large amounts. So you need to eat several foods supplying thiamin each day. The foods for thiamin are: whole wheat bread, enriched bread, and whole wheat and restored cereal, oatmeal, dried peas and beans, soybeans, lean pork, fruits and vegetables, brown rice and peanuts.

Vitamin C is another vitamin you need every day. Lack of it affects the whole body. Often spongy, tender gums are a sign of too little of this vitamin. Some of the foods for Vitamin C are: oranges, grapefruit, tomatoes, raw cabbage, raw green peppers, fresh strawberries, watermelon, and cantaloupes.

Riboflavin, once called Vitamin B-two, is another vitamin needed for health. People who run too short of this vitamin feel weak and run-down... have unhealthy looking skin...hair without luster...eyes that look dull and tire easily. The foods that supply the most of riboflavin are:milk, liver, kidneys, eggs, lean meat and fish, green leafy vegetables, whole wheat bread, and whole wheat cereal.

Niacin is the vitamin to prevent pellagra. Most people get enough niacin to avoid this disease, but many don't get enough to keep them in best health. The foods rich in niacin are: liver, kidneys, chicken, lean pork, canned salmon, greens, eggs, green vegetables, milk, enriched bread and flour and restored cereal.

Of course, you know Vitamin D the "sunshine vitamin" - so necessary in building strong bones and teeth. Your body can form this one vitamin when the sun shines on bare skin. Eggs, fish roe, and a few other foods contain Vitamin D, but usually not enough to meet the daily requirements. Certain fish liver oils, cod and halibut, give a good deal of vitamin D.

So much for the vitamins. Now for the foods for energy or fuel. These are the fats, starches and sugars. These foods provide the fuel that gives energy to breathe, walk, work and play.

In planning your daily menus you want to include many of the foods for building and repair as well as the foods for fuel. The proper balance means health and happiness for you and your family.

